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## Ergonomic Workstations

Our expertise is in computer hardware and software but we are often asked about adjustable desks and chairs. This is not a comprehensive list by any means and although we know the organisations we are not necessarily recommending their products.

### Height Adjustable Desks

The advantage of a height adjustable table is that it can be used by different people and/or for different tasks and allows for a change of posture e.g. sitting and standing.

As with any table it is necessary to consider the amount of desk space needed, the best desk height and the equipment layout on the desk, with the most frequently used items being within easy reach.

Supplier	Telephone	Website www.
Advance Seating Designs	020 8578 4308	asd.co.uk
Astor Bannerman	01242 820 820	astorbannerman.co.uk
Computing Plus	01993 881 912	computingplus.co.uk
F Jensen ltd	01895 822 458	sisjensen.co.uk
Scanflex ltd	0151 343 1523	scanflex.co.uk
Vari-tech	01254 678 777	vari-tech.co.uk

## Desk Raisers

Fixed height desks are available from many office furniture suppliers and if a standard height desk is too low then desk raisers can be used, ensuring that it is still stable.

Supplier	Telephone	Website www.
Advance Seating Designs	020 8578 4308	asd.co.uk

## Chairs

Ideally an office chair should be as adjustable as possible to enable the user to customise and adjust their sitting position. Some chair companies will offer a full seating assessment and then supply a bespoke chair.

A few points to bear in mind when choosing a standard office chair are:

- The height and rake of the seat should be adjustable to enable a comfortable working position to be gained. Some people find that an angle of more than 90° at the hips with the hips slightly higher than the knees is most comfortable, although some medical conditions may require the seat to be level.
- The seat depth should be such that the spine is supported by the back rest while maintaining a gap between the back of the knees and the front of the seat. The front seat edge should be curved or a 'waterfall front' to prevent pressure on the back of the knees.
- The back rest should be adjustable in height and angle so that the lower and middle back is well supported but with a gap between the seat and the backrest to allow for the buttocks.
- Armrests are optional but should not prevent the user getting close to the desk. Armrests can also encourage the user to lean to one side to use them or to hunch the shoulders if they are too high. Removable armrests allow both alternatives to be tried.
- Swivel chairs and chairs with castors are easier for moving around a workspace and turning round although people who have difficulty getting up from a chair may not like these features as the chair may move on rising.

Supplier	Telephone	Website www.
Advance Seating Designs	020 8578 4308	asd.co.uk
Altonaids Mobility	0191 491 5840	altonaids.co.uk
Back Shop	020 7935 9120	thebackshop.co.uk
Osmond Group Ltd	01202 850 550	ergonomics.co.uk
Posturite (UK) Ltd	0845 345 0010	posturite.co.uk
Sitsmart Ltd	01892 510202	sitsmart.co.uk

## Useful Organisations

### Health & Safety Executive

The HSE are responsible for the regulation of almost all the risks to health and safety arising from work activity in Britain.

Tel: 0845 345 0055

Web: [www.hse.gov.uk](http://www.hse.gov.uk)

### Health and Safety (Display Screen Equipment) Regulations 1992

The following leaflets have information on making adjustments in line with the above regulations.

Available from:

HSE Books, PO Box 1999, Sudbury, Suffolk CO10 6FS.

Tel: 01787 881165

Web: [www.hsebooks.com/](http://www.hsebooks.com/)

#### Health and Safety (Display Screen Equipment) Regulations 1992

	L26	ISBN 0-7176-2582-6
DSE Work. Guidance on Regulations	L26.	ISBN 0-7176-0410-1
VDUs. An Easy Guide to the Regulations	HS(G)90	ISBN 0-7176-0735-6
Working with VDUs	INDG36	ISBN 0-7176-1504-9

### The Ergonomics Society

The Ergonomics Society website holds useful information on ergonomics and a list of registered ergonomic consultancies that would be able to provide bespoke ergonomics advice on workstation design.

Web: [www.ergonomics.org.uk](http://www.ergonomics.org.uk)

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